Gluten-free menu?

Get involved!

From tasty burgers to creamy pastas and cheesy pizzas, no need for gluten-free guests to eat 'naked' around here

Something to start?

Fully Loaded Potato Skins 6.60
Crispy potato skins filled to the brim ***Choose from:*** Cheese & spring onion (524 kcal) V | Bacon, cheese & spring onion (700 kcal)

Mains

Pizzas
Served on our rectangular gluten-free base

Pepperoni 11.60
Pepperoni & mozzarella (827 kcal)
Go hotter with green chillies (+9 kcal) on us

BBQ Chicken 11.90
BBQ chicken, mozzarella & parsley on a BBQ base (944 kcal)

Margherita V 9.90
Tomato & mozzarella (900 kcal)
Ask for our vegan mozzarella (583 kcal) VG

Classics

New York BBQ Chicken 15.90
Grilled chicken breast, bacon, melted cheese, BBQ sauce, grilled corn & jacket potato (1026 kcal)
Add half rack of ribs (+324 kcal) for 4.90

Sirloin Steak 18.90
Our 8oz* sirloin steak, sautéed mushrooms, roasted tomato & jacket potato (689 kcal)
Add garlic & herb sauce (+357 kcal)

Smoky Ultimate BBQ Ribs
Slow-cooked rack of tender pork ribs, BBQ sauce, grilled corn & jacket potato. ***Choose from:***
Whole rack (1328 kcal) **20.90** |
Half rack (861 kcal) **15.90**

Lemon Pepper Salmon† NEW 15.90
Baked salmon† on a bed of cheesy basil mash, served with broccolini & salsa verde (816 kcal)

Pastas
Made with gluten-free fusilli pasta

Creamy Chicken & 'Nduja NEW 15.20
Chicken in a creamy spicy 'Nduja sauce with mushrooms, baby spinach, parsley & Italian cheese (1394 kcal)

Bolognese L 11.90
Beef Bolognese sauce tossed with fusilli, finished with parsley & Italian cheese (595 kcal)

Carbonara 12.90
Creamy carbonara sauce with crispy bacon, parsley & Italian cheese (1215 kcal)
Add chicken (+69 kcal) for 2.50

Arrabbiata VG 10.90
Spicy tomato garlic sauce, roasted red pepper, red onion, chillies & rocket (762 kcal)

Burgers
Served in a gluten-free bun with a jacket potato

Classic Beef 9.90
6oz* burger with mayo & lettuce (1474 kcal)

Classic Cheese 11.90
6oz* burger with Monterey Jack cheese, mayo & lettuce (1549 kcal)

Double Bacon Cheese 15.90
Two 6oz* beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (2330 kcal)

Desserts & Shakes

Ice Cream L V
Choose from:
Vanilla (78 kcal/ps)
Chocolate (83 kcal/ps)
Strawberry (82 kcal/ps)
Mint Choc-Chip (121 kcal/ps)
Vegan Choc-Chip (88 kcal/ps) VG
2 Scoops 3.60 | 3 Scoops 4.40

Brownie & Ice Cream V 6.60
Served warm with whipped cream, vanilla ice cream & chocolate sauce (745 kcal)

Ice Cream Shake NEW V 4.50
Choose from:
Vanilla (492 kcal)
Chocolate (457 kcal)
Strawberry (473 kcal)
Salted Caramel (482 kcal)

Sides

Jacket Potato (274 kcal) VG **3.60**
Garlic Broccolini (106 kcal) VG **3.90**
Grilled Corn with mayo & Italian cheese (222 kcal) V **3.40**
Side Salad with French dressing (48 kcal) VG **3.60**

gf 18 accredited by coeliac UK

V These dishes are made from ingredients that do not contain meat or fish. VG These dishes are not made with any animal products. However we do not have a dedicated preparation or cooking area for vegetarian or vegan food. Gluten-free means foods that contain gluten at a level of no more than 20 parts per million.*All weights are approximate before cooking. 1oz = 28g uncooked weight.†Fish may contain bones. Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/- 20% variance on published calorie values. For the latest calorie information please visit our website. Allergies: we follow strict hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces, other than gluten on our gluten free menu dishes, may be found in any item. Speak to a member of staff if you have any food allergies or intolerance. Full allergen information relating to our menu items can be found at www.frankieandbennys.com/allergy. Please refer to www.frankieandbennys.com/covid-19-faq for further information. Service charge is at your discretion, however an optional 10% will be added to the bill for parties of ten or more people, which will be passed directly to your server. OREO® is a registered trademark of Mondelez International. Please check with your server as due to differing licensing laws, we may be unable to serve alcoholic drinks at all times/locations. As a result of the changes to VAT in restaurants and pubs, our menu includes items with a range of VAT rates. Not all ingredients are listed in descriptions. Frankie & Benny's, 5-7 Marshalsea Road, Borough, London SE1 1EP - **FB_MAIN_1022**

@frankienbennys

THE Frankie & Benny's MENU

Real good *comfort* food • *Edition 1*

Left: a woman laughing • Right: a funny Classic Dog

Exclusive!

Classic vs Dirty: DOG FIGHT in local restaurant showdown

It was a battle everyone saw coming, but few knew who would come out on top. The Classic, a real underdog, stole the hearts of Frankie & Benny's customers with its laidback simplicity– but that Dirty Dog and it's slow-cooked BBQ brisket...woof.

Gluten-free menu available *See page 4*

Vegan options Look for the VG sign — Vegan Certified by the Vegan Society

Starters
What will you choose?

Garlic Pizza Bread VG 5.00
Big enough for 2 people (764 kcal)
Add: mozzarella (+172 kcal) V |
Vegan mozzarella (+93 kcal) VG for 0.50

Mozzarella Sticks V 6.60
With Napoletana tomato sauce (466 kcal)

Fully Loaded Potato Skins 6.60
Crispy potato skins filled to the brim
Choose from: Cheese & spring onion (524 kcal) V | Bacon, cheese & spring onion (700 kcal)

Vegan BBQ Wingz VG 6.90
Biff's™ Crispy Jackfruit Wingz, BBQ sauce, chillies, a sugar cane 'bone' & vegan mayo (625 kcal)

Sticky Chicken Wings 6.90
With sour cream & sauce
Choose from: BBQ (1038 kcal) |
Hot sauce (985 kcal)

Meatballs al Forno 6.90
Tender lemon & herb pork meatballs, spicy tomato & red wine sauce, mozzarella & baked ciabatta bread (512 kcal)
Add 'nduja sausage for 1.00 (+129 kcal)

Calamari 7.60
Lightly floured calamari with lemon & pepper salt & a lemon wedge (690 kcal)

Southern Fried Chicken 6.90
Fried chicken strips with your choice of sauce
Choose from:
BBQ (727 kcal) | Hot sauce (674 kcal)

Something to start?
Turn to the front page

Pastas

Bolognese L **11.90**
Beef Bolognese sauce tossed with fettuccine, finished with parsley & Italian cheese (549 kcal)

Spicy Meatball Feast 14.40
Fettuccine with our famous pork & beef meatballs in a Napoletana sauce, topped with 'Nduja, bacon, pepperoni, roasted red pepper, rocket, parsley & Italian cheese (1240 kcal)

Carbonara 12.90
Fettuccine in a creamy sauce with crispy bacon, parsley & Italian cheese (1210 kcal)
Add chicken (+69 kcal) for 2.50

Arrabbiata VG **10.90**
Spicy tomato garlic sauce & spirali with roasted red pepper, red onion, chillies & rocket (656 kcal)

Creamy Chicken & 'Nduja NEW **15.20**
Fettucine with chicken in a creamy spicy 'Nduja sauce with mushrooms, baby spinach, parsley & Italian cheese (1340 kcal)

Classic Beef Lasagne 12.20
Just like mamma used to make - now more indulgent than ever! (844 kcal)

Ultimate Mac 'n' Cheese L V **11.60**
Baked with a cheesy crumb until golden (635 kcal). ***Add:*** Bacon (+114 kcal) | 'Nduja sausage (+264 kcal) for 1.00

Vegan Mac 'n' Cheese L VG **11.60**
Topped with soya mince in a delicately spiced tomato sauce (476 kcal)

Frankie's Classic Meatballs 13.90
Our famous pork & beef meatballs in a rich Bolognese sauce, served with fettuccine, Italian cheese & basil (1037 kcal)

Pictured: Fettuccine ft. Frankie's meatballs

Salads

Classic Caesar L V **9.90**
Baby gem lettuce, croutons, grated Italian cheese & Caesar dressing (463 kcal)

Mediterranean Grain NEW L VG **12.00**
Red rice, quinoa, baby spinach, rocket, cherry tomatoes, broccolini & roasted red peppers. Tossed in French dressing with silky houmous (428 kcal)

DO YOUR THING

Add: Grilled chicken breast (+195 kcal) or Fried halloumi V (+356 kcal) for 2.50 | Baked lemon & pepper salmon fillet† (+328 kcal) for 3.50 | Sliced 8oz* sirloin steak (+395 kcal) for 4.20

"My new go to comfort food! Comforting & a little bit naughty, the perfect combo"

Ben
Frankie's Classic Meatballs

Burgers & Hot Dogs

All served with skin-on fries (+427 kcal). Fresh burger patty from family-owned British and Irish farms.

Pictured: Burger gets bapped

Double Bacon Cheese 15.90
Two 6oz* beef burgers, two lots of bacon, Monterey Jack cheese, mayo & lettuce (1685 kcal)

Crispy BBQ Chicken 12.90
Crispy buttermilk chicken breast, red onions, BBQ sauce, mayo & lettuce (745 kcal)

Classic Cheese 11.90
6oz* beef burger, Monterey Jack cheese, mayo & lettuce (905 kcal)

Chicken & Halloumi NEW **14.60**
Grilled chicken breast, cajun spiced fried halloumi, red onions, sriracha, mayo & lettuce (745 kcal)

Black 'n' Blue NEW **14.90**
6oz* beef burger, creamy blue cheese, crispy bacon, sautéed mushrooms, rocket & cajun mayo (1273 kcal)

Smashed Biff's™ Wing Stacker NEW VG **14.00**
Vegan 1/4 pounder burger & a smashed Biff's™ wing drizzled with sriracha, lettuce, green chillies, spring onions, houmous & vegan mayo (972 kcal)

Hot dogs

Dirty Dog 12.90
Hotdog loaded with slow-cooked pot-roast BBQ brisket, green chillies, homemade crispy onions, cheese & BBQ sauce (1047 kcal)

Vegan Dog VG **12.90**
Vegan hotdog loaded with fried onions, chillies, BBQ sauce & vegan mayo (661 kcal)

Classic Dog 10.90
Hotdog in a soft glazed roll, homemade crispy onions & ketchup (778 kcal)

DO YOUR THING

Toppings 1.25 each
Cajun spiced fried halloumi (+189 kcal) V
Streaky bacon (+34 kcal)
Monterey Jack cheese (+75 kcal) V
Vegan cheddar sauce (+47 kcal) VG
Onion rings (+238 kcal) V
Pulled beef brisket (+98 kcal)

Upgrade for 0.60
Sweet potato fries (+586 kcal) VG

Upgrade for 2.50
BBQ Brisket Fries (+829 kcal)
Buffalo Chicken Fries (+892 kcal)
Lava Fries (+579 kcal) VG

Double up your patty for 2.00
Beef (+478 kcal)
Grilled chicken (+195 kcal)
Crispy chicken (+440 kcal)
Vegan patty (+251 kcal) VG

V Vegetarian dishes VG Vegan dishes L A lighter option - with starters under 400 calories and mains under 650

Adults need around 2000 kcal a day.
We advise you to speak to a member of staff if you have any food allergies or intolerances.

Pizzas

10" San Francisco style sourdough hand-stretched to order

New York Giant 13.90
Tender pork & beef meatballs, chicken, bacon, ham, pepperoni, roasted red pepper, red onion & mozzarella on a BBQ base (1109 kcal)

Vegan Pepperoni VG **11.60**
Vegan spicy & smoky pepperoni crumb, roasted red pepper, chillies, fresh basil & vegan mozzarella (823 kcal)

BBQ Chicken 11.90
BBQ chicken, mozzarella & parsley on a BBQ base (958 kcal)

Margherita V **9.90**
Tomato & mozzarella (895 kcal)
Ask for our vegan mozzarella (773 kcal) VG

Pepperoni 11.60
Pepperoni & mozzarella (853 kcal)
Go hotter with green chillies (+9 kcal) on us

DO YOUR THING

Toppings 1.00 each
Mozzarella (+172 kcal) V
Mushroom (+11 kcal) VG
Ham (+44 kcal)
Chicken (+69 kcal)
'Nduja (+176 kcal)
Pepperoni (+130 kcal)
Sweetcorn (+19 kcal) VG
Broccolini (+28 kcal) VG

Classics

BBQ Platter NEW **28.90**
Big enough to feed two, or one hungry person! Our 8oz* sirloin steak, chicken goujons, sticky BBQ ribs, brisket beans, grilled corn, mac 'n' cheese & skin-on fries (2610 kcal)

Smoky Ultimate BBQ Ribs
Slow-cooked rack of tender pork ribs, BBQ sauce, grilled corn & skin-on fries
Choose from:
Whole rack (1378 kcal) **20.90** |
Half rack (1013 kcal) **15.90**

Chicken Parmigiana 14.90
Buttermilk chicken, Napoletana tomato sauce, ham, melted cheese, fettuccine & a side (944 kcal). ***Choose from:*** Salad (+47 kcal) | Skin-on fries (+427 kcal) | Broccolini (+153 kcal)

New York BBQ Chicken 15.90
Grilled chicken breast, bacon, melted cheese, BBQ sauce, onion rings, grilled corn & skin-on fries (1159 kcal)
Add half rack of ribs (+324 kcal) for 4.90

Sirloin Steak 18.90
Our 8oz* sirloin steak, sautéed mushrooms, roasted tomato, onion rings & skin-on fries (922 kcal)
Choose from: Garlic & herb (+357 kcal) | Spicy peppercorn sauce (+57 kcal)

Lemon Pepper Salmon† NEW **15.90**
Baked salmon† on a bed of cheesy basil mash, served with broccolini & salsa verde (816 kcal)

Sides

Garlic Pizza Bread
(764 kcal) VG **5.00**
Add cheese (+172 kcal) V for 0.50

Onion Rings (501 kcal) V **4.40**

Sweet Potato Fries
(782 kcal) VG **4.50**

Skin-on Fries (569 kcal) VG **4.00**

Grilled Corn V **3.40**
With mayo & Italian cheese (222 kcal)

Side Salad VG **3.60**
With French dressing (48 kcal)

Garlic Broccolini
(106 kcal) VG **3.90**

Brisket Beans (270 kcal) **3.60**

Loaded Fries

Buffalo Chicken Fries 5.20
Fries with buttermilk chicken pieces, cheese sauce, hot sauce, garlic aioli & spring onion (892 kcal)

Lava Fries VG **5.00**
Chilli seasoned fries, vegan cheddar sauce, red onion, spicy sriracha, chilli & spring onion (579 kcal)

BBQ Brisket Fries 5.20
Fries with BBQ brisket, cheddar, cheese sauce & spring onion (829 kcal)

Desserts

Banana & Speculoos Waffle NEW V **6.80**
Warm waffle topped with pieces of banana, Lotus Biscoff crumb, chocolate sauce, Lotus Biscoff sauce, whipped cream & vanilla ice cream (1017 kcal)

New York Cheesecake V **6.50**
Vanilla cheesecake served with vanilla ice cream
Choose from: Strawberry sauce (571 kcal) | Salted caramel sauce (619 kcal)

Classic Tiramisu V **6.00**
Adults only. Creamy mascarpone, espresso & marsala wine soaked sponge topped with chocolate powder (394 kcal)

Ice Cream L V
Choose from: Vanilla (78 kcal/ps) | Chocolate (83 kcal/ps) | Strawberry (82 kcal/ps) | Mint Choc-Chip (121 kcal/ps) | Vegan Choc-Chip (88 kcal/ps) VG
Two Scoops 3.60
Three Scoops 4.40

Brownie & Ice Cream V **6.60**
Served warm with whipped cream, vanilla ice cream & chocolate sauce (745 kcal)

Apple Crumble VG **6.60**
Warm crisp pastry with a sweet apple filling topped with a crunchy crumble. Served with vegan custard
Choose from:
Vanilla ice cream (632 kcal) V |
Vegan choc-chip ice cream (642 kcal) VG

Hot Cookie Dough V **6.80**
Served with mini rolos & vanilla ice cream (702 kcal)

Speculoos Hot Cookie Dough VG **6.80**
Topped with cinnamon, banana, honeycomb pieces & chocolate sauce. Served with vegan choc-chip ice cream (720 kcal)

Shakes

Super Ice Cream Shake NEW V **5.40**
Choose from:
Crunchie (664 kcal) | OREO® (565 kcal)

Speculoos Shake NEW V **5.40**
Lotus Biscoff, vanilla ice cream & whipped cream (738 kcal)

Ice Cream Shake NEW V **4.50**
Choose from: Chocolate (527 kcal) | Vanilla (568 kcal) | Strawberry (552 kcal) | Salted Caramel (569 kcal)

Vegan Choc-chip Shake VG **5.30**
Oat shake with vegan choc-chip ice cream & chocolate sauce (460 kcal)

Full allergen information relating to our menu items and how kitchen practices may create allergy risks can be found at www.frankieandbennys.com/allergy